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# Plan Your Quit Day 5a

## To Get Ready to Quit Smoking, Ask Yourself These 3 Questions

1. Why do I want to quit smoking?
2. What method will I use to quit smoking?
3. How do I stay smoke free?

Cigarettes and cigarette smoke contain over 4,000 chemicals, including 43 known to cause cancer. Many of these chemicals are added in the processes of tobacco farming and cigarette production. The tobacco burns while a cigarette is smoked, exposing the smoker to these deadly chemicals, tars and gases.

Nicotine occurs naturally in tobacco and does not cause cancer, but it does keep many people addicted to smoking. Nicotine in cigarette can be very addictive. Each puff of a cigarette delivers a concentrated dose of nicotine straight to the brain -- and reinforces the need for the next puff. Even after you've given up nicotine, you may still have the urge to puff.

Even after you've given up nicotine, you may still have the urge to smoke. To maximize your chances of staying smoke-free for good, you need a plan.

Your plan has three phases:

1. [Deciding To Quit](#)
2. [Preparing To Quit](#)
3. [Following Through](#)

Moving from one step to the next requires careful thought and preparation.

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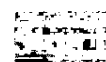
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